

Team Lackland...Fit AEF Warriors...Training the Best, Being the Best

Talespinner

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IN BRIEF

Lacklanders excellence winners

Members of Team Lackland scored four out of 10 wins in this year's "2001 Excellence In Government" awards presented by the Alamo Federal Executive Board Sept. 6 at ceremonies held at the Westin LaCantera Resort.

Lackland winners included:

► **Paula A. Gradwell**, Category 2/Specialist, 37th Training Wing.

► **Jesse Garcia**, Category 5/Exceptional Student, 67th Information Operations Wing.

► **Chief Master Sgt. Mark D. Warren**, Category 6/Professional, 433rd Airlift Wing.

► **Staff Sgt. Ismael A. Montilla**, Category 7/Customer Service, 37th Training Wing.

The event also marked a future change in leadership. Alamo FEB FY02 chair elect and FY03 chairman will be Brig. Gen. Bernard J. Pieczynski, 433rd MW commander.

Alamo FEB, comprised of local agency heads and military installation commanders, was established in 1990 to improve interagency communication and share resources.

Hispance Heritage events

Team Lackland will celebrate Hispanic Heritage Week Sept. 17-21. The annual Hispanic Heritage Luncheon will be held in Mitchell Hall, 11:30 a.m. to 1 p.m. Guest speaker will be Kathryn Mitchell, John Jay High School assistant principal. Tickets are \$10 per person. Contact 1st Lt. Edward McLean, 671-0485; or Cordelia McAfee, 671-0696. The Spanish Mass slated for Sunday has been cancelled.

James Jewelers this weekend

Bust the piggy bank! Elope with the egg money! Cash in the CDs! The Lackland Officers Spouses' Club is bringing the annual James Jewelers of Bangkok sale to the Gateway Club Saturday and Sunday, 10 a.m. to 7 p.m.

The event features rings, necklaces and earrings; precious jewels in handworked settings — all at suprisingly reasonable prices. A portion of each sale goes to the LOSC and allows this organization to carry on its educational and charitable endeavors.

Events cancelled

The following events have been cancelled due to heightened threat conditions.

- Air Force Birthday Ball
- AEF Outreach Briefings
- Hispanic Heritage Spanish Mass

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Photo by PH2 Robert Houlihan
Firefighters and emergency teams battle smoke and fire at the Pentagon following a terrorist attack when a commercial airliner crashed into the building at about 10 a.m., Tuesday. The building was evacuated, along with other federal buildings in the Capitol area, including the White House. The number of casualties is not known. The attack occurred about an hour after two airliners struck the World Trade Center twin towers in New York.

America Attacked

Lackland responds to tragedy, sends teams

More than 110 people from the 59th Medical Wing have deployed since Tuesday to help treat survivors of the terrorist acts in New York City and Washington, D.C.

Two flights left from the Lackland flightline early Wednesday morning. The C-5 aircraft landed at McGuire AFB, N.J., and the staff were prepositioned there awaiting assignment.

The first plane had four Critical Care Air Transport Teams, one Mobile Field Surgery Team, and five Mental Health Rapid Response Teams.

Also aboard were all the equipment and most of the healthcare providers for a 25-bed mobile hospital.

The second aircraft had two additional critical care teams and the balance of the Expeditionary Medical Support contingent. More than 650 people were ready to deploy Wednesday morning, but were put on standby because the airspace around McGuire was extremely congested. Those personnel filled 42 different types of critical care and other specialty teams.

At Wilford Hall Medical Center, all outpatient clinics were closed Wednesday and Thursday, because of the high force protection conditions.



Photo by Tech. Sgt. Gary Coppage
A U.S. Army helicopter flies near the site of a terrorist crash of a commercial airliner into the Pentagon that occurred Tuesday morning.

More than 100 re-enlist in August

The August group of re-enlistees was the largest so far this year — 113.

Thinking about it? Not sure about the advantages? Contact one of these career assistance advisors:

➤ 37th Training Wing — SMSgt. Barbara Opel, 671-1575

➤ 59th Medical Wing — SMSgt. Ralieg White, 292-4308

➤ Air Intelligence Agency — MSgt. Dexter Lesieur — 977-2850

TSgt. Evelyn R Abbott

TSgt. Joseph R Abney Sr.

MSgt. Rafael E Adams

SrA. Rebecca A Anderson

SrA. Robert L Barton III

TSgt. Marvin Beck

TSgt. Michael I Belfer

SSgt. Christopher D Bell

TSgt. Richard M Beshears

SSgt. Erick D Birnbaumer

MSgt. Sammie L Bonner

TSgt. Kevin S Borsos

TSgt. Reginald T Briscoe

SSgt. Wade Brisse

CMSgt. William Bruetsch

TSgt. Bernard T Bruner

TSgt. Enrique Cabellero

SMSgt. Raymond L Carger

MSgt. Norbert E Chavez

TSgt. Elmer D Clark

SrA. Yesenia E Cory

TSgt. Kellie S Courtland

SrA. Stephen J Dangel

SMSgt. William K Daufen

SSgt. Eduard M Dedousis

SSgt. George L Denby

MSgt. Thomas L Eckhoff

CMSgt. Derk D Felton

CMSgt. Nickey Forge

TSgt. Minor L Fox Jr.

SrA. Niurka T Garay

SrA. Alinka G Garcia

SSgt. Raymond E Garcia

TSgt. Ricky Garcia

SSgt. Damian X Garza

SSgt. Robert L Ghan

SrA. Lakhisha S Gomes

SSgt. Lisa Graham

SSgt. Genaro M Guerreor Jr.

SSgt. Karolyn A Harris

MSgt. Nena G Harris

TSgt. Sammy P Hoyle Jr.

TSgt. Dana A Jacobson

MSgt. Brandon L Jay

SSgt. Lori A Jenson

SSgt. Kenneth W Joaquin

TSgt. Kenneth Johnson

TSgt. Robert D Jordan

MSgt. Teldra V Jones

TSgt. Ivan W Keene Jr.

MSgt. Hayden E Kemper

TSgt. Robert A Klink

CMSgt. James E Knappman

MSgt. Phillip N Knight

SSgt. Paula S Kribell

SSgt. Raymond A Kubeczka Jr.

SSgt. Joe T Lancaster

SSgt. Jennifer A Lamm

SSgt. Christopher E Lauriel

SSgt. Julius C Lenon

SMSgt. Richard Leon

SSgt. John P Lokken

SSgt. Leah M Ludzik

TSgt. Ruben Martinez

TSgt. David S Miller

SSgt. Jason P Mills

SrA. Christina A Mirakian

SSgt. Craig Moore

MSgt. Michael J Moore

SrA. Tammy Sue Myers

SSgt. Patrick M Nedrick

TSgt. Lawrence N New

MSgt. William Norris

MSgt. Eugene H Ortiz

SSgt. Norman W Padillacruz

SrA. Cynthia A Palmer

SSgt. Keith R Pankratz

TSgt. Lyle R Pardee

SSgt. James Parker

TSgt. Mary T Payne

SMSgt. Cassandra L Porter

SSgt. Don E Prince Jr.

SrA. Jeremy R Reay

SSgt. William D Reid

SSgt. Brian L Richards

SrA. Kipana K Sammy

MSgt. Irene Sampsell

SSgt. William A Schultz

SrA. Marcus J Scott

TSgt. Joseph Shaeffer

TSgt. Tamba M Shafer

SSgt. Troy Shaw

SrA. David Shinn

SSgt. Jason D Slaymaker

SSgt. Dawn M Simmons

SrA. Latoya Smith

MSgt. Rudolph Smith

SrA. William A Soctomach

SSgt. Amy D Swindells

SrA. Joanne M Tomlinson

SSgt. Ava M Trask

SSgt. Charlie A Valencia

SrA. Shawn P Vanconett

SSgt. Fidencio E Vasquez

CMSgt. Milton J. Vavricek Jr.

TSgt. Shawn A Vinglass

MSgt. Bret J Wanty

SSgt. David Warner

TSgt. Angela D Whitaker

SrA. Marlena A Williams

SSgt. Dubois A Wright

SSgt. Gualbert M Yeo

TSgt. Roland T Zuniga

Captains may pin on major sooner, officials say

By Staff Sgt. Amy Parr

Air Force Print News

WASHINGTON — Captains wanting a promotion to major may not have to wait as long anymore.

A proposal recently submitted to Congress would modify the grade-ceiling table in Title 10 U.S.C. 523, calling for a 7 percent permanent grade relief to majors. This table provides the authorized strengths of commissioned officers on active duty in the grades of major, lieutenant colonel and colonel.

By increasing the authorized Air Force major grade ceiling by 7 percent, more officers at any one time will wear the rank of major than previously allowed by law, said Lt. Col. Jan Middleton, Air Force promotion, evaluation and separation policy chief at the Pentagon. The average time in service to pin on major will go from 11.1 to 9.5 years over the

next three to four years. Captains should become majors between nine and 11 years, according to the Defense Officer Personnel Management Act.

The grade relief will allow the Air Force to make this goal by letting more captains pin on faster through an accelerated board schedule, said Maj. Bill Nolte, Air Force officer promotion policy chief.

This Air Force initiative was requested, Major Nolte said, because for nearly a decade the Air Force has been unable to meet the management act's guidelines.

“Other services (officers) pin on (O-4) nine to 12 months earlier than the Air Force,” he said. “This is a source of dissatisfaction with Air Force officers.”

The grade relief to major will also compensate officers more adequately for work performed, Colonel Middleton said.

“In the nonrated line, 17 percent of field grade billets must be filled by company grade officers due

to field grade shortages,” she said. “It also has a positive effect on retention.

“Officers can frequently do better financially and faster outside the Air Force,” Colonel Middleton said. “Bringing down the pin-on time to major with the accompanying pay raise may encourage some officers to remain in the Air Force.”

The program will also better align career decision points for pilots, Major Nolte said.

“Combined with the new 10-year active duty service commitment for pilots,” he said, “this initiative will ensure pilots pin on major six to 12 months prior to their service commitment expiring.”

If approved, and if the Air Force chooses to implement major grade relief, Major Nolte said it will begin in 2002 and affect all captains meeting a promotion selection board under which the Air Force chooses to implement grade relief.

Pentagon sliced apart by blast

By Gerry J. Gilmore & Sgt. 1st Class Kathleen T. Rhem

American Forces Press Service

The Pentagon was a target Tuesday of a terrorist attack, which followed other attacks on the World Trade Center in New York City. Workers inside the Defense Department headquarters in Arlington, Va., estimated that a blast occurred around 9:30 a.m. Eastern time, which shook the building and produced a billowing gray-black smoke plume that could be seen for miles.

Army Maj. Jeff Mockensturm said he was in a meeting in Room 3D450 at that time when an explosion erupted with a blinding orange light. Authorities confirmed that a hijacked commercial airliner had crashed into the building.

“It felt like it was right outside the window,” Major Mockensturm said, who works for Army’s program analysis and evaluation office. “The window cracked, the ceiling shook, the floor shook. I felt like it was an earthquake, like the whole building was going to collapse.” The major joined thousands of other Pentagon employees who had been evacuated after the blast.

The aircraft crash at the Pentagon followed two others minutes earlier at the twin towers of the World Trade Center in New York City. Both 110-story buildings later collapsed.

Back at the Pentagon, gray-black smoke billowed as an Air Force F-16 fighter circled overhead, on patrol for another airliner reportedly flying in the area. No airliner was intercepted.

Part of the building hit collapsed; firefighters continued to battle the flames. The building was evacuated, as were other federal buildings in the nation’s capitol, including the White House.

The number of casualties is unknown.



Photo by Tech. Sgt. Gary Coppage

Emergency crews respond to the attack on the Pentagon Tuesday.

The Pentagon’s workday population is about 24,000.

President sends warning

President George Bush sent a warning to countries that turn a blind eye to terrorist activities within their borders.

“The search is under way for those who are behind these evil acts. I have directed the full resources of our intelligence and law-enforcement communities to find those responsible and to bring them to justice,” President Bush said in a televised address less than 12 hours after what is being called the worst act of terrorism in America’s history. “We will make no distinction between those who committed these acts and those who harbor them.”

No casualty figures on those injured and dead are available, but officials said they expect them to be very high.

“Thousands of lives were suddenly

ended by evil, despicable acts of terror,” President Bush said, in describing the acts. But, he said, the attackers failed to “frighten our nation into chaos and retreat.”

“Our country is strong. A great people have been moved to defend a great nation,” President Bush said. “These acts shatter steel, but they cannot dent the steel of American resolve.”

The president said America was targeted for attack because “we are the brightest beacon for freedom and opportunity in the world, and no one will keep that light from shining.” He reassured the country that the U.S. military is strong and prepared.

“America has stood down enemies before and we will do so this time,” the president said. “None of us will ever forget this day, yet we go forward to defend freedom and all that is good and just in our world.”

Secretary Roche, General Jumper call for support, prayers of all

In the aftermath of the cowardly attack on our homeland Tuesday, we are extremely proud of the service and contributions of America’s Air Force men and women.

Our vigilance and response was quick and purposeful, potentially limiting the extent of this terrible tragedy.

For example, we proactively provided expeditionary medical support in direct support of the New York City attack.

We delivered 1,600 units of blood and deployed 400 medics to McGuire Air Force Base, N.J., now serving as the medical support hub.

Additionally, more than 1,800 Air Force medics are on standby, ready to respond when required. Air Force medical people here are providing on-scene care to the fire-fighting and rescue operations continuing at the Pentagon.

As we respond, watch and wait, many of us are looking for ways to help. It is time for action. We implore you to visit your local Red Cross and on-base blood donor facilities and give blood.

Finally and most importantly, our ardent prayers go out on behalf of the hundreds of families of our fellow comrades in arms, public servants, and citizens who have perished during this tragedy.

May we, as members of the United States Air Force, take the opportunity to serve our nation in any way.

America’s Air Force is on your wing and ready.

Dr. James G. Roche
Secretary of the Air Force

Gen. John P. Jumper
Air Force chief of staff

Shaping up with Lackland’s fitness gurus

By René Rendon

Talespinner Staff Writer

Cutting-edge supplements, “get fit quick” promises and new age fitness equipment are readily accessible to anyone dissatisfied with their physique. People often consult fitness center specialists before deciding on a health product or service. The Services Academy at Lackland provides the Fitness Fundamentals Course to ensure that Air Force fitness specialists are capable of handling that responsibility.

Fitness specialists assigned to military fitness centers sometimes receive little training prior to their first day of work.

“It’s not uncommon that an airman is given the title ‘fitness specialist’ and assigned to a center, but given no training,” said Staff Sgt. Margo Coates. “Our course is designed to give them all the tools necessary to holding that title.”

Sergeant Coates is one of five instructors of Fitness Fundamentals. It is required that individuals attend this course or the course be brought to them within 180 days of assignment to a fitness or sports center. The class is open to enlisted personnel, officers and civilians that are involved with Services.

“We are trained and certified. We all have personal trainer certifications in order to teach the course,” said Tech. Sgt. John Berardi.

The course lasts 10 days and covers a wide array of health and fitness topics. Fitness specialists enrolled in the course learn, among other things, how to properly operate weight room equipment, develop fitness assessments and profiles, and devise dietary plans. Those that graduate from the course will be able to train customers

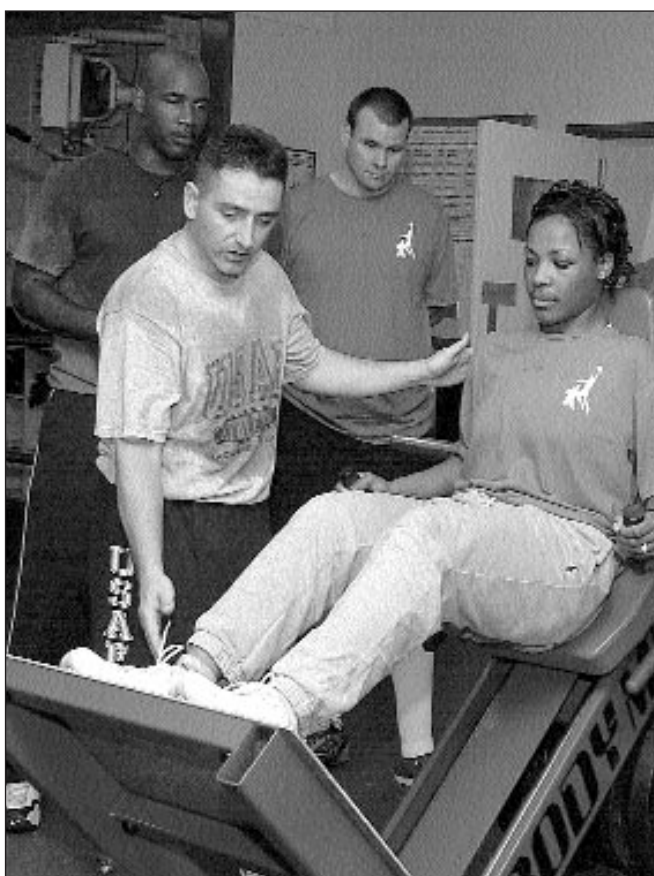


Photo by Airman 1st Class Annie McCormick

Tech. Sgt. John Berardi instructs fitness specialists from Misawa Air Base, Japan, on the proper use of physical fitness equipment.

properly and perform fitness assessments.

“We’ve trained close to 300 fitness specialists this year between our in-residence classes and our mobile technical training courses,” said Master Sgt. John Walters.

As part of their effort to improve Air Force readiness,

the instructors are also targeting airmen that may need help meeting fitness standards. “Needless to say, we — the instructors — have all exceeded AF fitness standards. One of our goals is to help those that are having problems meeting those standards get there.”

Fitness Fundamentals instructors also recommend a change in the current Air Force fitness program. “We would like a mandatory fitness program,” said Sergeant Coates. “Right now, it is at the discretion of the commander. Our mission in the Air Force requires readiness, and that means we need to be fit.”

The instructors noted that Maj. Gen. Michael Farage, 37th Training Wing commander, “epitomizes” the fitness standards at Lackland. He sets the example by training all the time and reflects the image of readiness, said Sergeant Walters.

Although the Fitness Fundamentals course remains similarly structured from one class to the next, the instructors are always searching for new technologies or research findings that can affect the health industry status quo. Students are advised to keep pace with the advancement because it is not rare to have a new study contradict old health and fitness knowledge.

“We need to stay on the leading edge of this ever-changing industry,” said Sergeant Walters. “Something that is inconclusive today could be conclusive tomorrow.”

Essentially, the instructors at Fitness Fundamentals want their customers to live healthier. Raising health awareness amongst fitness center specialists oftentimes infuses them with a drive to achieve higher personal fitness goals. In turn, those fitness specialists positively affect the health of their customers.

“Every one of the instructors lives the healthy lifestyle that we advocate,” said Sergeant Walters.

Ramstein remembers terrorist attack on headquarters

By Capt. Elizabeth A. Ortiz
U.S. Air Forces in Europe Public Affairs

RAMSTEIN AIR BASE, Germany (AFPN) — Twenty years ago, U.S. Air Forces in Europe headquarters here became the target of a terrorist attack.

On Aug. 31, 1981, at 7:21 a.m. (12:21 a.m. EDT), bombs concealed in the back seat of a Volkswagen Jetta with stolen U.S. Army Europe license plates exploded outside of Bldg. 201, injuring 12 U.S. military members and two German civilians. Six of the victims were seriously injured, including the assistant deputy chief of staff for operations at the time, Brig. Gen. Joseph Moore, who had just arrived to work on a bicycle.

According to an unclassified historical document, the blast caused extensive damage to two of the facility's three wings. Every window facing the parking lot was blown in. About 50 cars were riddled with debris — about half of them beyond economical repair. Damage to the C Wing, home of Allied Air Forces Central Europe headquarters, was extensive. The B Wing, which housed the USAFE command section, was also heavily damaged. Both wings had to be vacated until repairs could be made.

Overall, 716 windows and frames and 286 doors had to be replaced. Essential repairs were estimated at more than \$3 million and work began immediately.

The terrorists arrived on base in the car, which contained three explosive-filled butane cylinders (the kind used in travel trailers or gas grills) wired to the electric clock on the dashboard.

On Sept. 2, the Red Army Faction, a well-known terrorist organization at the time, delivered a three-page letter to a German news service claiming responsibility for the bombing. The group attacked Ramstein because it believed the base was a "launching place for a war in the Third World," according to the report.

"A terrorist attack, like the one at the USAFE headquarters in 1981, serves to remind us that terrorists are relentless in the pursuit of causing a tragic event so they can publicize their cause," said Col. John T. Salley Jr., USAFE's security forces director.

Col. Lavon Alston, deputy director for USAFE's civil engineer directorate, was a captain in the nearby CE directorate at the time. He recalled how his building shook and the windows rattled when the bomb exploded.

"A bomb was not the first thought that crossed people's minds," said Colonel Alston, who thought a boiler had blown up. "We just sat back down. A bomb was the farthest thing from my mind at the time. Now, it'd be the first."

Alston realized it was serious when he saw people running from the headquarters building. He remembered seeing the blown-out windows.



Fourteen people were injured at U.S. Air Forces in Europe headquarters in a bomb explosion Aug. 31, 1981, at Ramstein AB, Germany.

Now, there are pop-up barriers and a permanent security ring around the headquarters.

Twenty years ago, there was no DoD anti-terrorism and force protection program like today's. Colonel Alston said the bombing really increased his awareness.

"When it hits home, you really start paying attention," he said.

Wolfgang Motz, then the German legal adviser for what was then the 86th Tactical Fighter Wing, was on his way to work the morning of the bombing. He remembered traffic was backed up into all the surrounding villages. He, too, never suspected the real reason for the delay.

"Back then, there were a lot of exercises and traffic would be backed up, so it was almost routine," Mr. Motz said.

What was not routine was security police driving up and down the lanes of vehicles looking for him.

They wanted to escort him on base so he could let his German legal counterparts know a bomb had just exploded at Ramstein.

It was a "great shock" for people stationed here, said Mr. Motz, now the host-nation adviser to USAFE Commander Gen. Gregory S. Martin.

Mr. Motz recalled the threat terrorist groups posed. There had been attacks on senior German government officials, business executives and public prosecutors.

Still, "it was hard to accept we were the target," he said. "It's just a miracle nobody was actually killed."

The bombing changed the way USAFE and Ramstein officials looked at security.

At the time of the bombing, base officials were preaching about installation and building security.

"There was a level of awareness in the base military population because of the terrorist attacks that were going on, but infrastructure and routines on the base had not been changed to increase security," said Ronald Lynde, a former Allied Air Forces Central Europe staffer. "That all changed after the bombing."

Unlike today, no special security precautions were taken at headquarters in 1981.

"Anybody could park their car there, essentially," Mr. Motz said.

The bomb had been timed to catch the maximum number of people on their way to work, Mr. Motz said.

"There probably would've been more injuries if it had been any other day but Monday, the day of the explosion," he said. "People tend to come in a bit later on Mondays."

In essence, the bombers chose the wrong day — to USAFE's immense benefit.

Officials also said it was fortunate that the butane cylinders, assembled to explode simultaneously, did not. One didn't explode at all and was found on the second floor of the building after penetrating the building's 8-inch-thick wall, according to the report.

"The other two exploded within seconds of each other, reducing the destructive potential," Mr. Motz said. "A bomb expert testifying at the trial said that if the three canisters had exploded at the same time, all three wings would've collapsed."

As a legal liaison with the host nation, Mr. Motz was heavily involved in the trial proceedings, which took place in 1986. In the end, two members of the now-defunct

Red Army Faction were tried for the bombing and convicted in December 1986. The mastermind, Helmut Pohl, originally sentenced to life imprisonment, was pardoned in June 1998.

Despite the blast and traumatic aftermath, the terrorists never disrupted operations at USAFE headquarters. For the terrorists, the bombing was a political statement. They perceived U.S. forces to be an instrument of imperialism.

"For them, it was along the lines of a military act against military aggression," said Mr. Motz. "It wasn't a crime."

Although a "fairly sizeable" leftist movement existed at the time, the "clear, overwhelming majority of Germans absolutely didn't support them (convicted bombers) — quite the opposite," Mr. Motz said. "The German government at all levels was stunned about the bombing."

Mr. Lynde agreed.

"Taking part in the terrorist trial and beyond, I never saw anything but contempt for these terrorist activities," he said. "We continually received strong support from the German community and the local government."

It took a fairly significant effort by the Air Force legal system to prosecute the case, Mr. Motz said. Nearly 300 witnesses testified — 50 of them American.

Mr. Motz also described how the bombing instilled the need for greater security — a condition that has lingered ever since.

Even though awareness and force protection practices have dramatically improved in USAFE and Air Force-wide, the threat remains.

"The base (Ramstein) today has improved infrastructure and security practices in place," said Mr. Lynde. Still, "because of the size, population and traffic ..., we are still very vulnerable to terrorist attack and must remain vigilant." (Courtesy of USAFE News Service)



Terrorists used a car filled with butane cylinders to attack USAFE headquarters.

POLICE BLOTTER

(Editor's note: Crime doesn't stop at the fence surrounding Lackland. It's up to Lacklanders to make a difference. You can help "take a bite out of crime" by reporting suspicious activities and people. This column will increase your awareness and encourage you to take positive steps to stop crime.)

The following incidents, reported by the 37th Security Forces Squadron, took

place during the past week at Lackland.

➤ There were four minor vehicle accidents. No injuries.

➤ One vehicle was damaged while parked at the Lackland main exchange, and another while running over a water valve pole in the Commissary parking lot.

➤ One servicemember was apprehended

for making a threat at a Basic Military Training squadron.

➤ An active-duty member was apprehended at the gate for outstanding warrants, another for becoming belligerent with an installation entry controller and a third for driving while intoxicated.

➤ Four servicemembers were apprehended for drinking underage.

➤ Three civilians were detained for

shoplifting at the main exchange.

➤ Numerous items were stolen from a dormitory room on the Kelly Field Annex.

Anyone who has information about criminal activity on Lackland Air Force Base should call the Security Forces Control Center at 671-2018. Callers may remain anonymous. To report emergencies, call 911.

Commander's Action Line

Call 671-3333; actionline@lackland.af.mil; WHMC Action Line 292-4567

Action Line is your direct line for comments, questions, complaints and suggestions on how to make Lackland Air Force Base a better place to live and work.

Although Action Line is always available, the best way to resolve problems is through the chain of command. We've provided a listing of customer service telephone numbers you can call first to address problems.

If your concerns still can't be

resolved, please call Action Line or send them via e-mail. Items of general interest may be printed in the *Talespinner*.

Your comments or questions will be recorded, so speak clearly and slowly. If you leave your name and telephone number you'll receive a return call. Having your name and number will also give us a chance to get more information, if needed, to solve the problem.



Maj. Gen. Michael N. Farage

Key Phone Numbers

Civil Engineer	.671-2977
For housing, environmental facilities/utilities	
Services	.671-3395
(After duty hours)	.671-5650
Base Exchange	.674-6465
Chaplain	.671-4101
Commissary	.671-2561
Security Forces	.671-4123
Safety	.671-3969
Military Equal Opportunity	.671-2847
AF Harassment Hotline	.565-2949
Inspector General	.671-3347
FWA Hotline	.671-3340
Finance Office	.671-2807
Civilian Pay	.671-2549
Legal Office	.671-3361
Military Personnel	.671-3301
Civilian Personnel	.671-4118
Contracting	.671-1700
Transportation	.671-2855
Supply	.671-3831
Communications	.671-8812
WHMC/IG	.292-7424
Patient Representative	.292-6688

Robins chief recounts stories from the road

By Chief Master Sgt. Susan Moore
93rd Air Control Wing command chief master sergeant
Robins AFB, Ga.

It has been said to be born free is an accident, to live free is a privilege and to die free is a responsibility. While traveling on official business, I've met a number of people who reminded me of that obligation. I was in St. Louis recently waiting for a flight in uniform. As so often happens a person came over to talk. People ask questions about my stripes, want to know if I have a family and ask me if I fly. On one of those days, Robert Sutton had a story to tell.

He was an aerial photographer during World War II. He told me about the missions over Italy and Germany. He said, "The crews were so young. I don't think anyone was over 25." He told me about the missions where half the squadron didn't come back. So many friends lost. He still sees their faces and remembers. He can't bring himself to see "Saving Private Ryan."

Robert was traveling with Betty, his wife. They have been married for 45 years. Betty told me about her first husband who was a pilot during the war. He was killed in a raid over Italy. Robert knew him, and said he was a good man. Betty still thinks of him. He died when he was 23.

The Suttons were on their way to a reunion of Robert's old squadron. There weren't many original

squadron members left anymore, he said.

I was very moved by the stories of Robert and Betty Sutton. I shook their hands and thanked them for their service and their sacrifices. Robert's eyes filled with tears and he said, "I've seen the cemeteries in England and France where so many Americans are buried. On every Election Day those pictures should be plastered on the front of every newspaper with a caption 'Don't you think they would vote if they could?'"

Robert Sutton understands freedom isn't free and we shouldn't take it for granted. It's common for men to assume the burden of protecting our freedom, and more recently for women to share equally in that burden. However, it wasn't always so.

I sat next to Lt. Col. Mark Young on a flight into Washington, D.C. He told me about his mother who served in the Air Force during the Korean War. She was assigned to Walker AFB in Roswell, N.M., as a ground radar technician. She worked hard, did her job well and wanted to make the Air Force her career. However, when she got pregnant she was not given a choice and was given an honorable discharge.

Colonel Young was obviously very proud of his mother and all she had accomplished. I suggested he register her at the Women's Memorial in Washington D.C. I thought about what it must have been like for a woman to be in the military in the '50s. She had the courage to serve when the barriers were great and the

opportunities were limited. However, her actions made her son proud and motivated him to follow in her footsteps.

Mothers and fathers understand the meaning of sacrifice, and so do our children. I met a man who paid dearly and lives with the pain of sacrifice every day.

I was one of the last passengers to deplane on a flight into Norfolk. The pilot, Peter Boyd, stopped me and told me his father was in the Air Force. His dad went to Vietnam and left behind a 10-year-old boy. Dad gave him a ball and glove and told him to take care of them. He would be back to play catch with his son. He never returned. He was killed by a sniper. Peter still has that ball and glove.

He told me he's been to the "Wall" many times. He puts his hand on his dad's name and tells him how much he misses him. In my mind, I see a grieving 10-year-old boy holding a ball and glove, missing his dad

These stories are a reflection of who we are as a people. We are a young country. But we know what works. Freedom works. We know what is right. Freedom is right. We also know that many have gone before us, maybe not intending to sacrifice but sacrificing just the same. Dying in battle, grieving a loss or breaking a barrier. I'm grateful for the privilege of wearing the uniform of my country and to give something back.

When I travel in uniform, I've learned a simple lesson in giving: listen to the stories and say thank you.

Dates airmen should know

By Master Sgt. Jimmie Davis
47th Flying Training Wing career assistance advisor

LAUGHLIN AIR FORCE BASE, Texas (AETCNS) — New Air Force service members must absorb a lot of information. Career development courses help first-term airmen get their five-skill level, while on-the-job training makes them proficient in their careers.

When first-termers acquire this knowledge, they may notice that a lot of their initial enlistment time has passed. They must then make a difficult decision: Do I stay or do I leave?

First-term airmen should decide if they enjoy their current jobs. If they do, great. But, if they want to give other career fields a try, they should remember the time frames outlined below.

Crosstraining

The option to retrain is open to four-year enlistees with 35-43 months of service and for six-year enlistees with 59-67 months of service.

Re-enlisting

It's not a right to re-enlist, it's a privilege. A commander decides whether or not an airman can re-enlist under the Selective Re-enlistment Program. It's important that all Air Force people do their job the best they can. If a first-term's commander recommends re-enlistment, it is very important personnel apply for a career job reservation. A CJR allows the airman to reserve a slot in a particular career field.

Even those crosstraining or seeking employment in the civilian sector should get a CJR. Sometimes things change. For a list of available career fields, people should call the military personnel flight. After people have been approved under SRP and have a CJR, they may re-enlist up to one year prior to the termination date of their original enlistment.

Performance Feedback

Performance feedbacks are a very important part of professional development. This identifies airmen's overall strengths, weaknesses and sets standards. An initial feedback is held within 60 days of being assigned a supervisor and every time airmen are assigned a new supervisor. Airmen who have not had a performance feedback should request one from their supervisor.

Below the Zone

Exceptional performers are eligible to compete in the promotion below-the-zone program after being promoted to airman first class. An airman qualifies for this program after reaching 36 months time in service and 20 months time in grade or 28 months time in grade, whichever occurs first.

Airmen aiming to compete for this program should write down everything they have accomplished, focusing on the whole-person concept. Anything related to education, leadership, awards, self-improvement, letters of commendation,

volunteerism and giving to charity should be included. Anything that will reflect well on them as an airman should be documented prior to competing in the program. If selected under BTZ, airmen sew on senior airman six-months earlier than normal promotion projection, allowing them to test for staff sergeant earlier.

Enlisted Performance Report

The enlisted performance report is the most important piece of paperwork that is written about a person. It is also based on the whole-person concept. It touches on BTZ, special duty assignments, retraining, SRP, assignments and, most importantly, promotions.

Normally, airmen first class or below receive their first EPR at 20 months time in service. If an airman first class or below is permanently changing station prior to the initial 20-month EPR, the supervisor will complete a letter of evaluation and place it in the personal information file prior to departure. The gaining supervisor uses this information to write an EPR at the next duty station.



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First lady's interest spurs Troops to Teachers program

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON — The Defense Department's Troops to Teachers program used to be low-key — until first lady Laura Bush energized it this year by making it a personal cause.

Military people are "tremendous role models" whom American youth "would do well to emulate," she said earlier this year while visiting a DoD school at Fort Jackson, S.C.

The former elementary school teacher challenged service members nearing retirement: "Turn your attention to the home front, to Uncle Sam's classrooms, where we need your service as teachers."

At that time she also noted that President Bush had asked Congress for a 10-fold funding increase for Troops to Teachers, from \$3 million to \$30 million.

"Mrs. Bush's interest in the program has really generated a tremendous amount of response in the military," said John R. Gantz, Troops to Teachers program manager. "We've seen a dramatic increase in the application rate and in the contacts that we've had."

"All our state offices have said she has generated tremendous interest among the retired military population looking at teaching as a second career," he added. "If funding comes through, I think we'll be able to easily bring 2,000 to 3,000 quality teachers

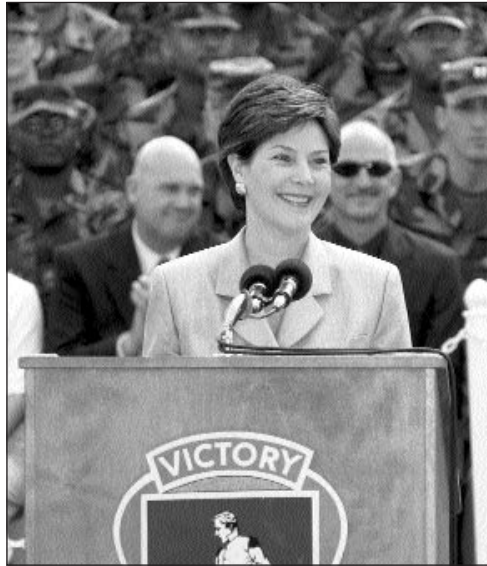


Photo by Staff Sgt. Scott Reed

The first lady speaks about Troops to Teachers at Pinckney Elementary School at Fort Jackson, S.C.

to public education each year."

Mr. Gantz said Troops to Teachers was created in 1994 to help departing service members obtain second careers during the military downsizing of the 1990s. The Defense Activity for Non-Traditional Education Support at Pensacola, Fla., oversees the program.

Key components of the program are the 25 state Troops to Teachers offices, generally housed in state Departments of Education, Mr. Gantz said. These offices, he said, help former military personnel make the transition to teaching by providing advice and

assistance on certification and employment.

Early on, Troops to Teachers offered participants \$5,000 for certification training and provided incentive grants to school districts to hire military veterans as teachers, Mr. Gantz said. Today's program largely consists of job referral and placement services and has placed more than 4,000 retirees in teaching positions nationwide since its inception, he said.

Many retired officers and noncommissioned officers are ideal teachers, having served as instructors in a variety of fields during their careers, he noted. The former service members also bring traits of teamwork and shared values into classrooms, he added.

Mr. Gantz said Troops to Teachers alumni "are older and not jumping into" teaching as an experiment. Consequently, he said, former military seem to remain in teaching longer than those who come into the profession from more traditional avenues.

"Seventy-five percent of our people are still teaching after six years," he said. The attrition rate was 50 percent among new teachers from other sources during that same time, he added.

Eligible applicants must have served for at least six continuous years on active duty prior to release from service, have a service record that will lead to an honorable discharge, and apply no later than one year after release from active duty, Mr. Gantz said.

Most applicants must have a bachelor's degree in the subjects they want to teach, he said. Other applicants may possess technical training that translates into vocational-technical teaching opportunities, he added.

Many Troops to Teachers applicants earned their degrees while in the military, Gantz said, adding that some started by taking College Level Examination Program tests, and evaluations of military training for college credit available through DANTES at unit education centers.

He said the program also helps applicants identify teacher certification programs and employment opportunities in the states where they want to teach. The applicants bear the cost of certification training, Gantz said, most often by using their Montgomery G.I. Bill benefits or paying out of pocket.

"Oftentimes, states will require some student-teaching as well," he added.

Mr. Gantz said reserve component members may use the placement assistance services provided by Troops to Teachers. They should check with program officials on application criteria, he added.

For more information about the Troops to Teachers program, call the DANTES toll-free number at 1-800-452-6616; write to the Defense Activity of Non-traditional Education Support, 6490 Saufley Field Road, Pensacola, Florida 32509-5243; or visit the program web site at:

<http://voled.doded.mil/dantes/ttt/>



Photo by Mario Gutierrez Jr.

Contracting change of command

Col. Nonie Cabana (left), 37th Logistics Group commander, passes command of the 37th Contracting Squadron to Lt. Col. Ray P. Harris by presenting him with the unit guidon. Colonel Harris comes to Team Lackland from Air Education and Training Command headquarters at Randolph Air Force Base. He replaces Lt. Col. Jacqueline J. Dovale, who heads to Air Combat Command headquarters at Langley AFB, Va.

Employers get glimpse of Texas Air Guard

By Master Sgt. Greg Rippes

149th Fighter Wing Public Affairs

Nearly 50 area employers were special guests of the Texas Air National Guard's 149th Fighter Wing at Lackland recently.

They came to learn about the Air National Guard and, more specifically, the tasks their own employees performed as traditional Air Guard members. As Col. John Nichols, 149th FW vice commander, said to the guests during an early morning briefing, "The whole purpose of this is to let you know what your employees do when they come out here."

Some of the employers run small companies; some are part of large corporations. Some employ only a single Air Guard member; some employ several.

Every year, employers have had to allow their employee or employees time off from their civilian jobs to serve in uniform for two weeks — or longer. Indeed, within the next two months, about 75 members of the fighter wing will be deploying for various lengths of time to locations in Southwest Asia as part of the Aerospace Expeditionary Force.

"My husband went to Turkey 19 days last year," said Anne Marie Marshall, president of Apple Insurance. "And he's going back again this year."

In this case, the employer is also the wife of the Air Guard member. Her husband, Senior Airman Brian Bozick, a member of the 149th Security Forces Squadron, manages one of the insurance agency's three offices.

"We have to do some work-juggling when he's away," Marshall said.

The employers who responded to their employees' invitations to the 149th FW's first Employers Day learned something about why such inconveniences are important.

Following breakfast, the employers gathered in the operations briefing room where they received a presentation from Col. Kay Troutt, 149th Support Group commander,



Photo by Staff Sgt. Rene Castillo

Four F-16 Fighting Falcons from the 149th Fighter Wing here swing in behind a KC-10 Extender refueling aircraft during the wing's Employers Day activities recently. Twenty-two employers took the KC-10 flight to observe an air-to-air refueling mission.

about the history of the National Guard and the Air National Guard's increasing role in national defense, and their own contribution to it. Then they received their seating assignments.

Twenty-two employers got a ride in a KC-10 Extender refueling aircraft, while 20 other employers took a short round trip in a C-130 Hercules cargo aircraft.

The ANG's 136th Airlift Wing from Fort Worth, Texas, provided a C-130 orientation flight, and the Air Force Reserve Command's 349th Air Mobility Wing from Travis Air Force Base, Calif., provided a KC-10 orientation flight.

Both aircraft flew within the 149th FW flight training area between San Antonio and Laredo, Texas, for about an hour. It was the first time for most of the employers to travel inside a military aircraft.

The C-130 passengers had a bird's eye view of south Texas when the rear end of the aircraft opened.

"The view was wonderful," said Marivel Rodriguez of SBC Operations. "It was exciting. I felt like I was in 'Top Gun,'" she said.

The KC-10 passengers took turns going to the rear of the aircraft to watch the air-to-air refueling of some of the 149th FW's F-16 Fighting Falcons. Many employers were impressed with how close to the refueler the aircraft flew.

"They made it [air-to-air refueling] look easy," said Mike Charlton, director of safety at the University of Texas Health Science Center. "Of course, I know it takes a lot of practice and skill to make it look that easy."

Mr. Charlton was invited to participate in Employers Day by Tech. Sgt. Robert Moreno, 149th Civil Engineer Squadron. Mr. Charlton noted that Sergeant Moreno works directly with him in environmental health and safety, but he said he knows other Air Guard members also work for the Health Science Center.

"I've never had any military experience,"

Mr. Charlton said. "But I know Robert has been in the Air Guard for a number of years, and I've become interested in what he does. I really enjoy this opportunity to see what it's all about."

Many of the employers echoed his sentiments. Randall Wood, security supervisor with the Travis County Sheriff's Department, which employs a number of Guard members, was favorably impressed by what he learned about the Air Guard.

"It's an important program," Mr. Wood said, "and this is a really good experience."

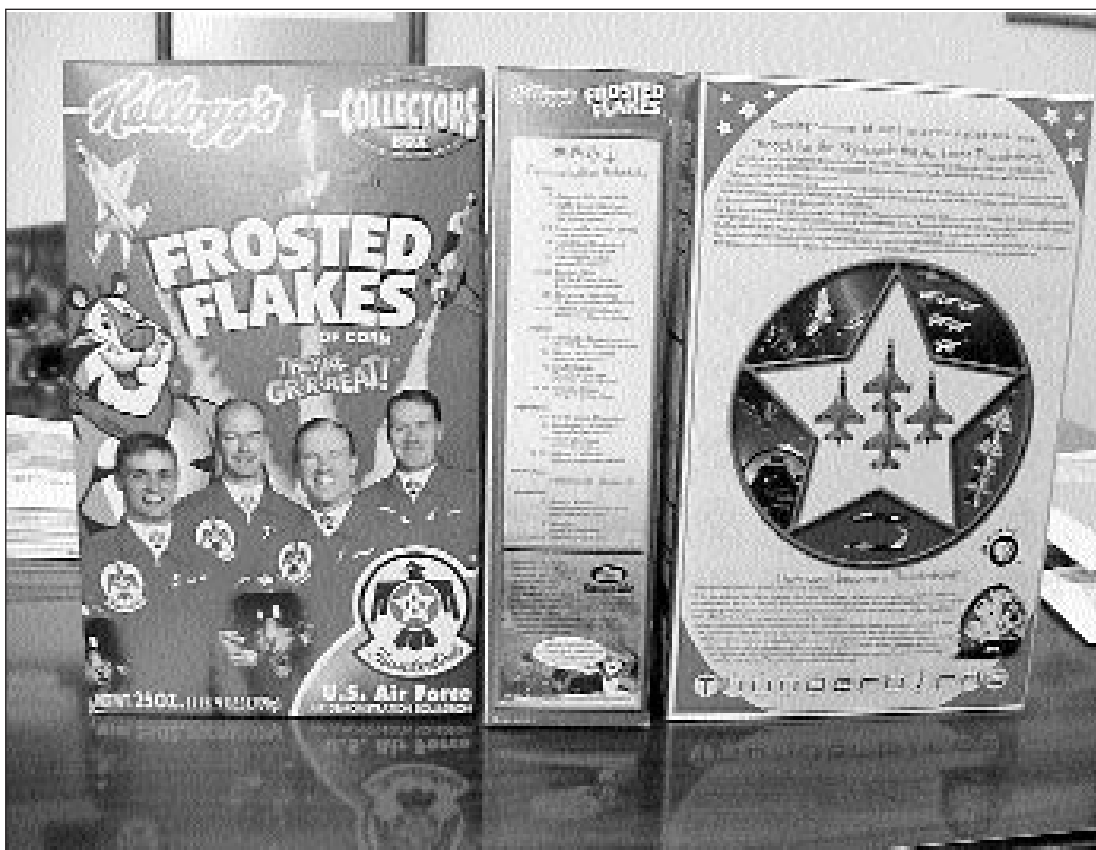
"I've always been curious about what they did," said Jay Villarreal, owner of the Blue Star Brewery. "This [Employers Day] is the kind of idea that you wonder why nobody thought of before."

Actually, the Employer Support for the Guard and Reserve Committee deserves credit for the idea and has promoted the "Boss Lift" for years. The 149th FW decided to have an Employers Day this year in observance of the National Guard's "Year of the Employer: Reconnecting with America 2001" theme.

Pleased with how things went this year, Col. Hank Morrow, 149th FW commander, said the wing will have a similar program for employers on a regular basis.

The Employers Day did not end with the aircraft flights. After employers and wing members enjoyed a catered barbecue lunch, they broke into small groups. Some employers accompanied their employees to their work centers for a closer look, while others checked out an F-16 flight simulator. Employers also got a chance to meet and visit with Brig. Gen. Michael B. Smith, assistant adjutant general; Brig. Gen. Jerry Ragsdale, Texas Air National Guard commander; and leaders of the 149th FW.

"It is my hope that today's experience gave employers a greater understanding of the contributions their employees make as Guard members and their role in the nation's military readiness," Colonel Morrow said. (AFPN)



Courtesy photo

Thunderbirds are Gr-r-r-reat!

A team of airmen representing the U.S. Air Force Aerial Demonstration Squadron, the Thunderbirds, are featured on a collectors box of Kellogg's Frosted Flakes appearing in stores and commissaries across the country. A reported 30 million boxes are being distributed. Sharing honors with Tony the Tiger are, from left, Maj. Kevin Mastin, Maj. Jonathan Greene, Lt. Col. John Venable and Capt. Richard Boutwell.

Housing residents can save energy by inspecting their air conditioners

Lackland's energy conservation program is not just for military operations. It includes military family housing, which consumes more than 10 percent of Lackland's total energy bill. Energy conservation in housing can help Lackland save more than \$100,000 annually.

Here are some common reminders for household energy conservation. Start with proper maintenance and operation of air conditioners and heaters.

Besides closing windows and doors when the air conditioner is on, be sure to change filters monthly as dirty filters block normal air flow and reduce a system's performance significantly. A dirty filter is one of the most common problems found by repairmen.

Sometimes inadequate heating or cooling is also caused by duct leaks, unbalanced air distribution, electrical problems or refrigerant leaks,

requiring professional service.

Indoor/outdoor air leakage through doors and windows can increase energy bills significantly. Take time to inspect, seal or weather-strip these unnecessary openings to the outside.

During the summer, keep the drapes or blinds closed on windows that face east, south and west. This will help reduce solar heat gain into the home.

Other energy conservation measures to consider include adding timers on water heaters, installing low-flow showerheads and faucet aerators and replacing incandescent light bulbs with compact fluorescent lights.

Energy conservation measures in housing can provide significant positive impact to Lackland's energy program. Please take time to consider and include energy-saving measures in household activities. Call Mike Eberbach at 671-0258, for more energy conservation tips.

Prototype recruiting office unveiled in San Antonio

Local recruiters get high-tech digs aimed at enhancing Air Force image

The Air Force opened a prototype recruiting office in San Antonio Monday that will test new space and quality standards.

"This new office is designed from top to bottom to enhance the recruiting process," said Brig. Gen. Duane Deal, Air Force Recruiting Service commander. "This prototype is a direct outgrowth of internal reviews begun when the military services failed to make their goals in 1999. Our offices were often unappealing, often not conducive to the recruiting mission, and certainly not reflective of the excellence of our service.

"With this office, it's now clear the ergonomics allow a recruiter to effectively engage the applicant, and the appearance better reflects the fact that we are the professional and premier aerospace force in the world," he said.

"Air Force leadership would like to enhance recruiting offices to better attract potential recruits, parents and supporters, and improve the quality of life and workspaces for hardworking Air Force recruiters," said Maj. Lea Duncan, chief of real estate and logistics for Air Force Recruiting Service.

"The Department of Defense asked us

to look at recruiting offices and study what could be done to improve them."

The Air Force typically rents retail space in towns and cities across America, with 90 percent of the offices collocated with other services' recruiting stations. Proposing joint space and quality standards to facilities that were generally undersized, is challenging but worthwhile, Major Duncan said.

"We hired a contractor to build a prototype recruiting office and assess it for form, fit, function and furnishings," she said. "From that study, the contractor produced a design guide for space and quality standards."

The San Antonio office is the prototype office for the new space and quality standards.

"The translucent and silver finishes with ergonomic seating and workstations reflect the sophistication and opportunities available in the world's greatest air force," said Courtney Gibb, an Air Education and Training Command interior designer.

"The new shape should enhance the interview experience and is maintenance-friendly."

Recruiters like the new design.

"This office is more conducive to recruiting," said Staff Sgt. Dan Hanus, an



Photo by Senior Master Sgt. Tom Clements

The Air Force is in the process of upgrading and standardizing all of its recruiting offices. As offices are refurbished, applicants who meet with recruiters like Staff Sgt. Tyrone Williams, a recruiter in the new prototype office in San Antonio, are going to find an office environment that, according to Air Force officials, better reflects the professionalism and excellence of today's premier aerospace force.

enlisted accessions recruiter at the new office in San Antonio.

"Before, we had mismatched furniture and no privacy for the applicants. This is state-of-the-art and more reflective of the professional force we represent."

"It (the new office) reflects the excel-

lence of the Air Force and is a good work environment for our recruiters," General Deal said.

"We have 1,050 offices right now, going up to 1,077, and we want to try and make all of them have that same type of appeal." (AFPN)

Chapel

Bahai	SUNDAY: 2 p.m., BMT Chapel (1st, 3rd, & 5th Sunday of the month).
Buddhist	SUNDAY: 3 p.m., BMT Chapel
Catholic	WEEKDAYS: 11 a.m. WHMC Chapel Noon Permanent Party Chapel SATURDAY: Confessions, 4:30 p.m. Tech Training Chapel Mass, 5:30 p.m. Tech Training Chapel SUNDAY: Religious Education, 9:30 a.m. Perm. Party Chapel Mass, 11 a.m. Permanent Party Chapel Mass, 11 a.m. WHMC Chapel Spanish Mass, 9:30 a.m. Tech Training Chapel Mass, 8 a.m., 9:30 a.m., 11 a.m. & 12:30 p.m., BMT Chapel (5th week and BMT grads/families at 12:30 only) Religious Ed., 8 a.m., 9:30 a.m., & 11 a.m., Bldg 5725
Christian Science	SUNDAY: 1 p.m., BMT Chapel
Church of Christ	SUNDAY: 9 a.m., Bldg 5200 (Across from BMT Chapel)
Church of Jesus Christ of Latter-Day Saints	SUNDAY: 2 p.m., BMT Chapel
Eastern Orthodox	SUNDAY: Confessions, 9:30 a.m., Memorial Chapel Divine Liturgy, 10 a.m., Memorial Chapel Religious Education, 11 a.m., Memorial Chapel
Eckankar	SATURDAY: 3 p.m., BMT Chapel (1st, 3rd & 5th Sunday of the month.)
Jewish	FRIDAY: Sabbath Eve Service, 5 p.m., Permanent Party Chapel, Oneg Shabbat follows. SUNDAY: Religious Education, 11 a.m., Permanent Party Chapel
Muslim	SUNDAY: 10 a.m., BMT Chapel
Protestant	SUNDAY: Liturgical Service, 8 a.m., Memorial Chapel 11 a.m., Tech Training Chapel 8 a.m. & 9:30 a.m., Permanent Party Chapel Gospel Service, 12:30 p.m., Permanent Party Chapel Children's Church, 9:30am & 12:30pm., Perm. Party Chapel 9:30 a.m., WHMC Chapel Religious Education, 11am, Permanent Party Chapel 8 a.m., 9:30 a.m., 11 a.m. & 12:30 p.m., BMT Chapel (5th week and BMT graduates/families for 12:30 p.m. only) Religious Ed. 8 a.m., 9:30 a.m. & 11 a.m., Bldg 5725
Seventh Day Adv.	SATURDAY: 8 a.m., BMT Chapel
Wicca	SATURDAY: Information & Fellowship, 8 a.m., Bldg 5725

Colonel remembers time as POW

God, family and country credited with helping former POW survive nearly seven years in captivity

By Richard Zowie

Wingspread staff writer

Bases across San Antonio will hold POW/MIA Recognition Day ceremonies in the coming days to honor those who've served as prisoners of war and to memorialize those listed as missing in action.

Observers at the POW/MIA remembrance ceremonies might even get a chance to chat with the former POWs attending the ceremonies and discover the value of freedom.

One such former POW is retired Col. Arthur Burer, who spent nearly seven years imprisoned in North Vietnam. The colonel will be at Lackland on Sept. 21 for a POW/MIA ceremony at the Air Intelligence Agency headquarters.

During the Vietnam War, Colonel Burer's mission was to fly RF-101 aircraft on reconnaissance missions into high-threat areas in North Vietnam.

"Our primary mission was to get pre-strike reconnaissance and then fly back and get bomb damage assessment after our combat airplanes struck the targets," explained Colonel Burer, then a captain. "Our job was to help prevent the enemy from moving equipment to their forces."

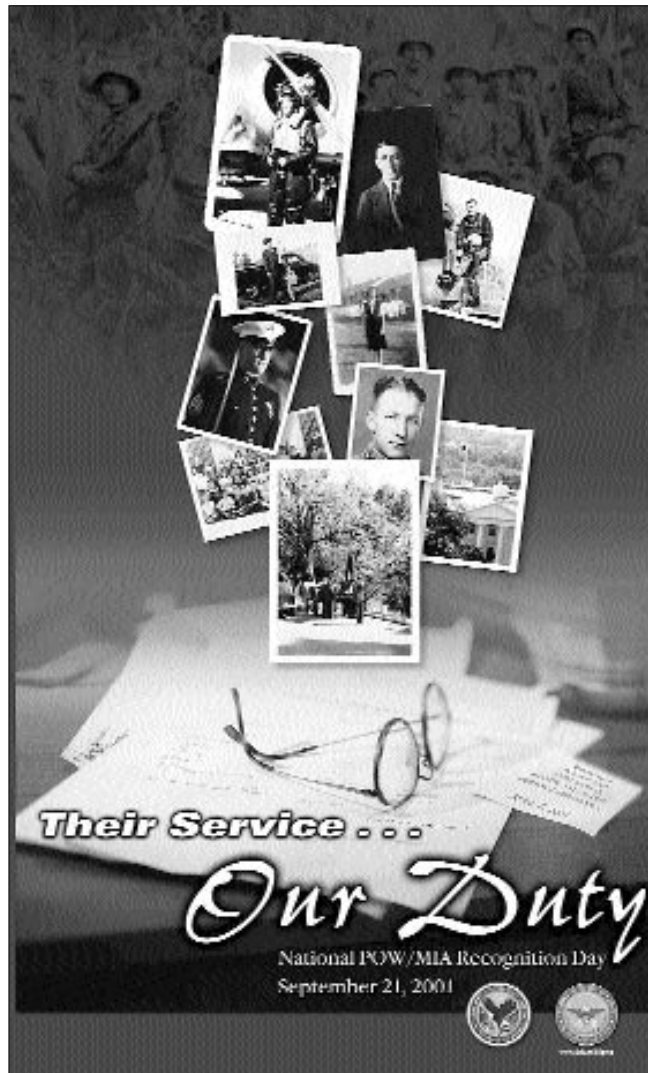
The colonel would take pictures of the targets before and after the strike using cameras mounted in the reconnaissance airplanes.

On his 40th mission March 21, 1966, his aircraft was struck by ground fire. He suffered burn injuries and ejected from the aircraft.

Once he parachuted onto the coastline, he immediately saw several North Vietnamese soldiers running toward him. They chased him into the water and caught him about 300 feet from the shore.

"The further out I went, the deeper it got and the harder it became to move in the water," Colonel Burer recalled. "When they caught me, it was terrifying."

The colonel was initially kept in solitary confinement,



Courtesy photo

where he spent two total years during his incarceration. He was moved later into a prison camp.

The North Vietnamese interrogated Colonel Burer several times to try to obtain information and tried to "reeducate" him and other POWs into communist thinking.

"We gave only our name, rank and serial number, in accordance with the Code of Conduct," the colonel explained.

When the mental games didn't work, the North Vietnamese resorted to physical torture. Although North Vietnam had signed the Geneva Convention, they con-

sidered it inapplicable toward American POWs.

"The North Vietnamese considered us criminal air pirates who'd flown into their country illegally," Colonel Burer explained. "They felt they could treat us anyway they wanted and wouldn't be held accountable."

At first, Colonel Burer and the others resisted the torture but eventually gave what the captors thought was "useful" information.

"We didn't have much tactical information after that length of time since we didn't know what else our units were doing," he explained. "We gave them lies when they tortured us severely enough, saying things like, 'Major Bugs Bunny will conduct a bridge bombing.'"

Fortunately, the North Vietnamese' lack of knowledge about American culture made these stories seem believable.

Despite all the hardships, Colonel Burer never doubted that he and the other prisoners would be released.

"I was the biggest optimist in the camp," he explained. "I had faith in God, in my country and my family."

Finally, on Feb. 12, 1973, Colonel Burer and the other POWs were released from prison. After spending time at Andrews AFB, Md., for medical treatment, he was reunited with his wife and his four children.

"Being a POW gave me a greater respect for freedom and its value," the colonel explained. "I feel that people should respect our flag and our country, since we live in the best country in the world."

After spending vacation time with his family, Colonel Burer requalified on the T-38 aircraft at Randolph (he also had his "finis" flight at Randolph). Finally, in 1983 after 32 years of service, Colonel Burer retired.

Through the years since, he has spoken openly about his experiences as a former POW to various organizations.

"I have no problem talking about my experiences," the colonel explained.

"My wife and kids know how I stand and about what happened. I wasn't bothered by post-traumatic syndrome. I put the war behind me. I did what I was supposed to do and took beatings and injuries for it. But that was what my country was worth to me."

And that's a thought he'll be more than happy to share with anyone willing to listen.



Tech. Sgt. Timothy Kane, 37th Security Forces, low crawls during the Team Fitness Challenge, otherwise known as the obstacle course, during AETC's Defender Challenge. Sergeant Kane won the event, and his squadron won the large-base championship.



DEFENDER CHALLENGE

37th Security Forces Squadron collars command trophy

By René Rendon
Talespinner Staff Writer

The 37th Security Forces Squadron is this year's large unit Air Education and Training Command Defender Challenge champion, and three team members were selected to train for the worldwide competition. The talented and motivated squad, regarded as one of the favorites to win, overcame muddy grounds and morning mist in capturing the overall first place crown.

"None of us ever trained in the rain, but it happened," said Senior Airman Anthony Garcia.

Airman Garcia and teammates Tech. Sgt. Timothy Kane and Airman 1st Class Lee Lyles were selected to compete for a spot on the AETC worldwide Defender Challenge team. They will head to Little Rock Air Force Base, Ark., to train, and then go on to compete in the worldwide competition at Camp Bullis in North San Antonio, Oct. 31 to Nov. 6.

"The worldwide competition is definitely going to be more difficult," said Airman Garcia. "The events are a little tougher, and you're going up against the best of the best."

Lackland's 37th Training Group sent a couple members to the AETC "all-star" team. The group also scored a first place in the Team Combat Pistol competition.

The 37th SFS dominated the command-wide competition despite an unusually rainy week. Of the contest's four events, the team nabbed two gold medals and a silver.

Although most of the events in the competition remained relatively unaffected by the rain, the obstacle course portion had to be modified. Eleven of the 21 obstacles were scrapped from the event for safety reasons.

"As a team, we felt that we would do really well on the 'o'-course because we are all really fast," said Sergeant Kane.

The soggy terrain did little to slow down this gritty group of cops. They secured first place, with Sergeant Kane running the course's fastest individual time.

"Not to be cocky, but we would have won anyhow," said Airman Lyles. "If it had been the regular course, we would have won by a larger margin."

In the team combat rifle event, Airman Lyles earned "Top Gun" credentials. Contestants ran through rivers of water, and positioned themselves in foxholes to shoot their targets. The team displayed their fine marksmanship en route to their second gold medal.

The silver medal in the Warrior Challenge rounded out the squad's overall first place outing. This event called for a combination of combat patrolling, land navigation, and small unit tactics.

About the team's performance, Airman Lyles said that they simply did what they were capable of doing.

"I never doubted my teammates, and we had confidence in one another," said Airman Garcia. "I never wondered if they were slacking or if I needed to pick-up after them, not even in training."

Defenders were selected after the command-wide competition to try-out for the team to represent the AETC in the worldwide challenge. A final cut after the 45-day tryout will determine the nine representatives. Staff Sgt. Roy Chavez and Senior Airman Charles Day will represent the 37th Training Group, and vie for a slot on the team.

"The AETC was simply a stepping stone," said Sergeant Kane.

All three of the 37th SFS defenders going to Little Rock are veterans of the worldwide competition. Their only prediction for this year is that they are going to try to work well as a team and have fun doing so.

Large Unit Overall

Gold - 37th SFS, Lackland
Silver - 314th SFS, Little Rock
Bronze - 97th SFS, Altus AFB

Small Unit Overall

Gold - 14th SFS, Columbus
Silver - 12th SFS, Randolph
Bronze - 17th SFS, Goodfellow

Team Fitness Challenge (Obstacle)

Gold - 37th SFS, Lackland
Silver - 17th SFS, Goodfellow
Bronze - 56th SFS, Luke AFB
Fastest Runner - Tech. Sgt Timothy Kane, 37th SFS, Lackland

Team Combat Pistol

Gold - 37th TRG, Lackland
Silver - 314th SFS, Little Rock
Bronze - 81st SFS, Keesler AFB
Top Gun - Capt. Kirby Bowling, 37th TRG, Lackland

Team Combat Rifle

Gold - 37th SFS, Lackland
Silver - 12th SFS, Randolph
Bronze - 37th TRG, Lackland
Top Gun - Airman 1st Class Lee Lyles, 37th SFS, Lackland

Warrior Challenge (Tactics Course)

Gold - 314th SFS, Little Rock
Silver - 37th SFS, Lackland
Bronze - 14th SFS, Columbus





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A 37th Training Group member takes aim during AETC's Defender Challenge.



A security forces troop from Laughlin AFB, Texas, squeezes off a round in the pistol competition.



A sharpshooter from Maxwell AFB, Ala., competes in the AETC Defender Challenge rifle meet.



A competitor from Vance AFB, Okla., scrambles for cover.



Two members of the Sheppard AFB, Texas, security forces team hide out in the bushes.

Photos by Robbin Cresswell



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Photo by Staff Sgt. Ben Bloker

See you on the field

COLORADO SPRINGS, Colo. (AFPN) — Air Force Academy's Wings of Blue team member John Nichols jumps from an airplane to deliver the Prisoner of War/Missing in Action Flag just before the start of the Oklahoma vs. Air Force football game here Sept. 1. Oklahoma edged Air Force 44-3.

AETC announces artist, craftsmen contest

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — People in Air Education and Training Command have the opportunity to put their talents on display during the annual AETC Artist and Craftsman Contest this fall.

The contest is open to military, retirees, civilians and their families assigned to AETC, said John Franklin, AETC commercial sponsorship manager.

People will compete in two divisions: adult and youth 18 years old and younger.

The contest categories for both groups are: fine art such as painting, drawing, sculpture, etching and graphic design; textile art such as weaving, needlework, quilting, knitting and crochet; industrial art such as woodworking, woodcarving, cabinetry and furniture building, plas-

tic, fiberglass and metal works; and multicrafts and pattern art such as home décor items, arts and crafts kits, basketry, leather tooling, ceramics from poured molds, stained glass and jewelry.

Entry forms for the contest are available at Services skills centers, Mr. Franklin said. Base-level contests will be held in late October or early November. The winners will be forwarded for the command-level competition in December. Winners at the command level then compete in the Air Force-wide contest.

The AETC Artist and Craftsman Contest is supported by a corporate sponsorship from the Southwest School of Art & Craft in San Antonio, Mr. Franklin said. The school's faculty will judge the AETC-level competition.

Sun can take more than skin off your nose

WASHINGTON — Maybe you've had your last sunbath for the year, but don't drop your guard. Summer's just the highest-risk season for sun-damaged skin. Fact is, your face and hide are at risk when the sun's up.

While you bask in those compliments about your great tan, here are the usual health carps about tans: You've injured the largest organ of your body. You've sped up the day you will be a leathery prune. You've upped your chances of contracting skin cancer.

You tan when your body begins to find ultraviolet-B radiation intolerable. The most potent UVB source is sunlight for most people. Your body's defense is to create UVB-absorbing melanin — skin coloring. You get darker as the exposure continues. The defense is not perfect; that's why people burn.

Repeated tanning and burning damage skin cells and wear out the skin's natural immunity and repair systems over time. As UVB compromises the skin's ability to protect and fix itself, damaged cells and tissues can wreak havoc. If you're unlucky, moles, rashes and other lesions erupt. If the only luck you have is bad, you're looking at lethal malignant melanoma — skin cancer.

Then there's ultraviolet-A radiation. UVA plays no role in tanning and burning, but it penetrates the skin deeper than UVB rays and also damages the skin's immunity and repair systems. The skin dries, loses flexibility and wrinkles in time; the risk of cancer increases.

On any given day of the year, the sun's most intense UVB radiation arrives at midday.

While people usually know to take precautions at high noon, they may not realize the sun's ultraviolet energy is almost all a constant, imperceptible, day-long, year-

round stream of deep-penetrating UVA radiation. Keep that in mind when you've been out long enough to catch a tan.

People of color may have a protective head start against UVB, but they too can darken and burn — it may just take longer. Further, skin color offers no protection against UVA.

Fortunately, protection is easy. Stay indoors. Stay out of the sun. When those aren't options, your best defenses are the same as in summer: sunscreens and clothes.

Sunscreen racks may be gone from stores. Sunscreen chemicals, however, are increasingly easier to find year-round in commercial cosmetics, skin creams and lotions, and lip balms.

Sunscreen protection is expressed as a "sun protection factor." The SPF multiplies the time you can be exposed to UVB safely. If your normal limit in the sun is 10 minutes, a UVB sunscreen rated at SPF 15 would help protect you for 2.5 hours.

There's no standard way to express UVA protection, such as an SPF, so it's possible your sunscreen and cosmetics offer none. Read the ingredients list. Common screens such as padimate and homosalate only stop UVB. If your product contains an effective UVA sunscreen such as benzophenone and avobenzone, the maker probably trumpets that fact. To stay protected follow these tips:

- * Three year-round sunscreen rules: Use it liberally. Use it often. Apply it to exposed skin at least 20 minutes before going outside. According to some medical researchers, sunscreens fail because people skimp. After all, the stuff's expensive, and people get distracted and are rushed.

- * Follow the product instructions. While "apply generously" doesn't say how much is enough, it's a hint that the

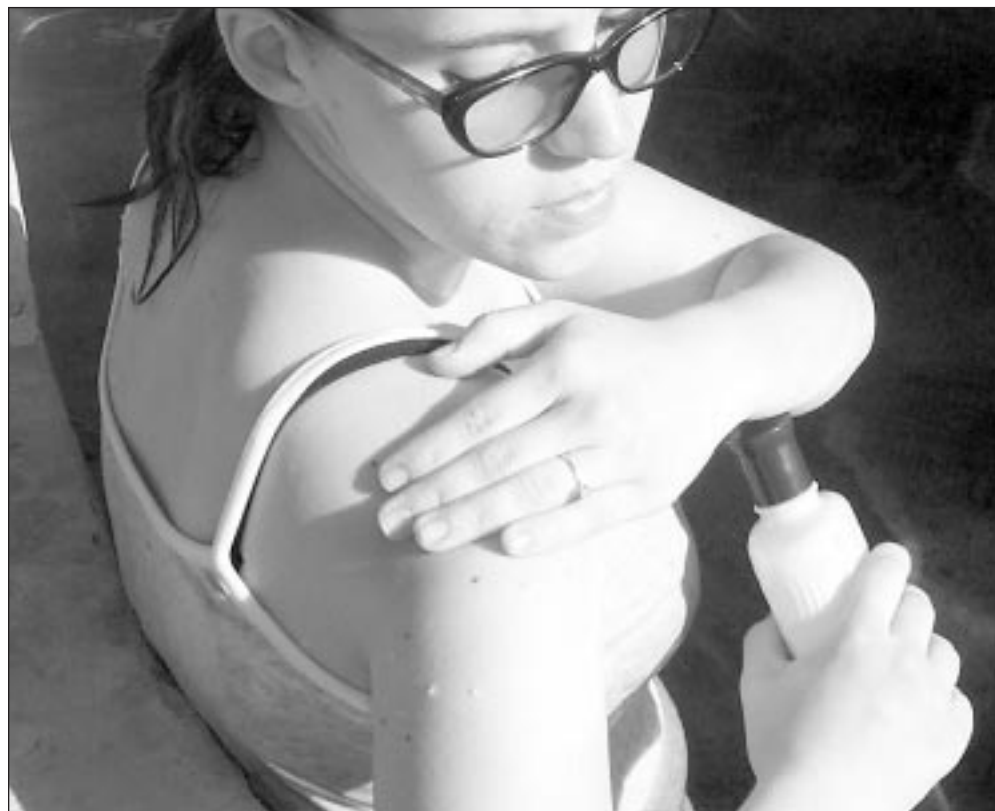


Photo by René Rendon

Although the long summer days are dwindling, the sun can still damage your skin and sunscreen is your best defense.

stingy little dab on your fingertip that you've been using is not enough to protect your whole face.

- * Wash your hands? Reapply sunscreen. Wash your face? Reapply. Sweat? Reapply. Wipe your brow? Reapply. SPF protection time's up? Reapply.

- * Sunscreens don't work until they set, generally in 20 to 30 minutes. If your normal sun limit is 10 minutes but you apply your SPF 3000 screen only after you're on that lift up the sunny ski slope, you may be overdosed on UVB before you reach the top.

- * All clothing can provide some protection against UVB rays and also some against UVA if layered or heavy. Yardsticks: One layer of T-shirt fabric provides minimal protection against UVB

and none against UVA. Tightly woven fabrics protect better than loose weaves against both UVB and UVA. Dry protects better than wet. The Centers for Disease Control estimate blue denim jeans have an SPF of 1700! The jury's still out on whether fabric color makes any protective difference.

- * It's smart to wear a hat and sunglasses in the sun outdoors, regardless of the season. Sunglasses should say they filter both UVA and UVB. If they don't say or they filter only UVB, consider them good only for fashion statements.

- * Don't use tanning booths and beds. UVB radiation isn't safe whether it's from Mr. Sun or bulbs. Look pasty from October to June? Get over it. (*American Forces Press Service*)

At Your Services

	TODAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Airmen Dining Facilities	LUNCH: Beef corn pie, seafood newburg, Veal, pea & pepper rice, potatoes, greens, corn, beets. DINNER: Yankee pot roast, corned beef, chicken, potatoes, black-eyed peas, carrots, cabbage.	LUNCH: Creole shrimp, chicken, Swedish meatballs, noodles, potatoes, squash, tomatoes, gravy. DINNER: Hungarian goulash, BBQ chicken, fish, rice baked beans, veggie stir-fry, potatoes.	LUNCH: Chicken, fried fish, spareribs, rice, mac & cheese, broccoli mix, peas, sweet potatoes. DINNER: Grilled steak, beef stir-fry, turkey nuggets, rice pilaf, potatoes, green beans, corn, gravy.	LUNCH: Beef pot roast, Caribbean jerk chicken, sweet & sour pork, rice, potatoes, green beans. DINNER: Chili macaroni, beef manicotti, fried chicken, potatoes, peas, carrots, summer squash, gravy.	LUNCH: Salmon loaf, veal parmesan, teriyaki chicken, rice, succotash, hushpuppies potatoes. DINNER: Turkey a la king, meat loaf, chicken, rice, okra & tomato gumbo potatoes greens.	LUNCH: BBQ ham steak, beef ball stroganoff, turkey & noodles, potatoes, corn, sweet potatoes, gravy. DINNER: BBQ spareribs Stuffed pork chops, chicken, corn, cauliflower mix, veggies, potatoes, rice.	LUNCH: Fried catfish, five-spice chicken, rice potatoes, veggie mix, peas, candied sweet potatoes. DINNER: Veal & sauce, roast pork loin, Cornish hens, rice, carrots, pinto beans, corn combo, gravy.
Gateway Club Bldg. 2490 645-7034	Blackened Catfish Or T-bone Steak \$10.95	15 Pasta Bar \$10.95 Hill Sports Club College Football 11:30 a.m.	BINGO Medina Annex Bldg. 118 Sun.-6 p.m. Mon. & Thurs. 7 p.m. Hill Sports Club Pro Football 11:30 a.m.	<i>Congratulations</i> Staff Sgt. Harold King Winner of Dinner for 2 <i>Call 645-7034</i>	EARLY BIRD SPECIALS Steak, Chicken or Fish \$ 6.75 Kelly Field Club All-You-Can-Eat Buffet Monday-Friday 10:30 a.m. to 12:30 p.m.	Mongolian BBQ Adults \$8.95 Kids \$4.50	Pasta Bar Lunch Special Every Thursday 11 a.m. to 1 p.m.
Family Programs Family Support Center 671-3722 Family Advocacy: 292-5967	Happy Landings 9-11 a.m. BMT Spouse Seminar Bldg. 7246 2:30-3:30 p.m.	Closed	Closed	Consumer Credit Counseling 8 a.m. to 2 p.m. Family Readiness Briefing 10:3--11:30 a.m.	Interview Workshop 8-10:30 a.m. Job Fair Preparation 11 a.m. to noon Prep. for Marriage 1-2:30 p.m. Credit When Credit is Due 4:45-6:45 p.m.	Sponsor Training WHMC Bldg. C25 10-11 a.m. Uniformed Services Thrift Savings Plan. 11:30 a.m. to 12:30 p.m. Prep for Marriage 1-2:30 p.m.	Single Parent Support Lackland Chapel 11 a.m. to noon Prep. For Marriage 1-2:30 p.m. Bundles for Babies 1-3:30 p.m. Overseas With Ease Bldg. 5616 Room 104 2-4 p.m.

Cable Schedule

Lackland’s cable TV access channel offers announcements and informational programs for people living in base housing or dormitories, and is also available in community areas. Subscribers to Time Warner Cable can tune 24 hours a day to Channel 21. Air Force Television News is shown at 7:30 a.m., 12:30 p.m., 4 and 7:30 p.m. weekdays. Air Force TV News runs on Time Warner Channel 20, Tuesday, 9:30 a.m. “TRICARE, Your Military Health Plan,” is shown immediately after the first and last showings of Air Force Television News. During exercises or real world threats on Lackland, the cable access channel is

the place to turn for information regarding threat conditions and exercise announcements.

	Today
9 a.m. —	Baby’s First Workout
11 a.m. —	Job Search Tips for People with Disabilities
1p.m. —	Parenting and Teen Sexuality
3 p.m. —	Interviewing
	Monday
9 a.m. —	Helping Your Child Stand Up to Peer Pressure
11 a.m. —	Birth to Three: The

1 p.m. —	Defining Years
3 p.m. —	Start the Job Search
	Young People and Stress
	Tuesday
9 a.m. —	You Want Me to Help Out with the Housework?
	No Way!
11 a.m. —	The First Years Last Forever
1 p.m. —	Effective Job Search
3 p.m. —	Young People and Self-esteem
	Wednesday
9 a.m. —	No, I Won’t! And, You Can’t

1 a.m. —	Make Me!
1 p.m. —	Hey, What About Me?
	Writing Resumes & Cover Letters
3 p.m. —	Young People and AIDS
	Thursday
9 a.m. —	Setting your Child UP for Progress
11 a.m. —	Parenting Preschoolers
1 p.m. —	Interviewing With Confidence
3 p.m. —	Challenge of Alcohol and Other Drugs for Teens

Random Notes

Junior Enlisted Picnic tickets
Tickets for the Junior Enlisted Appreciation Day Picnic, sponsored by the Lackland Top 3, are now on sale. The event is slated for Sept. 21, 11 a.m. to 4 p.m., and features music, food, games and door prizes. Tickets are \$1 and are available from unit monitors. For more information, call or e-mail one of the following points of contact:
MSgt. Anna Towns 37 TRW, 671-2610 anna.towns@lackland.af.mil
SMSgt. Carolyn Byrd, HQ AIA/XP, 977-2124 carolyn.byrd@lackland.af.mil
SMSgt. Jennifer Kurth, 59 MDW, 292-6032 jennifer.kurth@59mdw.whmc.af.mil
MSgt. Michael Connell, LNCOA, 671-3240 michael.connell@lackland.af.mil

ALS graduation
Airman Leadership School Class 2001F will graduate Sept. 26 at noon at Mitchell Hall. Anyone wishing to attend must RSVP to the ALS staff, 925-1233, no later than Tuesday. For information, call Staff Sgt. Veronica Haskin, 925-1233.

CGOA luncheon Tuesday
The Lackland Company Grade Officers’ Association will hold a luncheon Tuesday, 11:30 a.m., in the Gateway Club’s Alamo Room. Guest speaker will be retired Col. Nancy McDaniel, a 22-year veteran of the USAF Medical Service Corps. Her topic will be “Vietnam, Hill

376: 1969-1999,” and will include a short, Emmy-winning documentary of her experiences and those of “Doc” LaPointe, an Army medic and posthumous Medal of Honor recipient. For more information, contact Capt. Yavontka Boose at 671-2976/2017.

59 MDW commander's call
Maj. Gen. (Dr.) Lee P. Rodgers, 59th Medical Wing commander, will conduct several commander's calls Wednesday, in Wilford Hall Medical Center’s auditorium, at 6:30 a.m., 11:30 a.m., and 4 p.m.

Managers offer ed grant
The Lackland Middle Managers’ Association is offering a \$150 education grant to an active duty military person, E-1 through E-6. Applicants do not have to be members of MMA. Those applying for the grant should do so on the Lackland intranet:
<https://intranet.lackland.af.mil>
Deadline for applications is Oct. 15.

Awards breakfast set
The Team Lackland Recognition Awards breakfast is slated for Sept. 27, 7:30 a.m. at the Gateway Club. Tickets are available through unit first sergeants. For more information, contact Master Sgt. Shawn Rouse, 671-0456.

ID card office calls 3-day halt
The Military Personnel Flight Customer Service Identification Card function will be closed Tuesday through

Thursday, Sept. 18-20. That function is located in Bldg. 5616, Room 102. This closure is necessary to move facilities, upgrade DEERS (ID card) terminals and conduct training on issuance of the new Common Access Cards. The customer service facility in Wilford Hall Medical Center, open 7:30-11 a.m. and 1-4:40 p.m., will issue ID cards to active duty military, retirees and dependents. The office is located on the main floor, Room 1C36. The phone number there is 292-7288. Also, the MPF Records Section, Bldg. 5616, Room 104, will be closed, but for only one day on Wednesday, Sept. 19. Personnel are being trained on the new Common Access Card. For more informa-

tion, contact Fred Clark or Senior Master Sgt. Bernie Holloway at 671-3814.

Bone marrow donor drive
Operation Life Torch, a military bone marrow donor registration drive, takes place from 10 a.m.-1 p.m., Thursday, at the WHMC atrium, and at Lackland main exchange from 1-4 p.m., Sept. 21-22. Officials are hoping for about 500 registrants in this drive, because more than 400 donors are usually screened to find just one match with a patient. Volunteers are needed for registration and collection, and should contact 1st Lt. Katherine Robbel, 292-5808, or Staff Sgt. Ida Davis at 671-3588.

Movies

Today —	“Jurassic Park III” (PG-13), 2:30 p.m. “American Sweethearts” (PG-13), 5:30 p.m. “Jurassic Park III” (PG-13), 8:30 p.m.
Saturday —	“Osmosis Jones” (PG), 2 p.m. “The Score” (R), 5 p.m.
Sunday —	“The Score” (R), 2 p.m. “Original Sin” (R), 5:00 p.m.
Closed Monday through Thursday	
“Jurassic Park III” — Site B has been compromised by site seers, and a rescue	

mission is formed to save them.

“American Sweethearts” — Kiki, devoted personal assistant to her megastar sister Gwen, complicates her life even further when she falls for her sister’s ex-boyfriend.

“Osmosis Jones” — Deep inside Frank Detomello’s body, a white blood cell named Osmosis Jones and a cold pill team up to fight off evil viruses intent on taking over Frank’s body.

“The Score” — An aging thief has retired to live off his riches, until a young upstart blackmails him into one more heist.

“Original Sin” — Luis takes a new bride, and she takes all his money and disappears.

Local trainer offers strength-training tips

By Tech. Sgt. Spencer Berry
DLIELC

As a certified personal trainer, when I'm asked about the best way to reach any fitness goal, I suggest starting a weight-training program.

Whatever specific goals you have in mind, increased strength and muscle size or shaping and toning, weightlifting can be the quickest and most effective way to achieve your goals.

However, before starting a weightlifting program, one of the most important things anyone should keep in mind is safety. Even though weightlifting can be very beneficial in reaching goals, it can also be very hazardous to your health if begun or conducted improperly. There are several steps you should think about before starting any type of weight training program:

Get medically cleared first

Most people who start a weightlifting program, but who haven't been physically active in a while, may not have had a complete physical exam in years. If you fit this description, have a complete exam conducted prior to starting a weightlifting program. If you are in poor health—overweight, high blood pressure, high cholesterol levels—in most cases, a doctor will suggest you start some type of exercise program which may include weight training. As a general rule, all individuals over 35 should have a complete medical physical exam prior to starting a weightlifting program.

Inspect equipment and area

Most people take it for granted that the

equipment most gyms or health clubs provide is safe to use. DON'T! Some gyms and health clubs don't regularly inspect their equipment. It would be wise to check all equipment over before starting a weightlifting program to ensure it is safe. Also, ensure the areas you will be training in are safe.

Look for tripping hazards, objects protruding into high traffic areas or anything that may look like an accident waiting to happen. If you do come across anything you feel is unsafe, notify an employee as soon as possible.

When beginning a weightlifting program, always warm up properly.

The quickest way to end a weightlifting program is to not properly warm up your muscles. A proper warm up will help avoid possible muscle trauma due to strains, ligament damage, or tendonitis. Always take about five to 10 minutes to warm up before getting started. Doing light cardiovascular exercises (stationary bike or treadmill, for instance) can do this. Also, slow-controlled stretching will help loosen and warm-up your muscles for resistance training. You can also do two to three light sets of weight exercises for whatever body part you may be training on a particular day.

Always start slowly

When starting a weightlifting program, one of the most important things to have is patience. A weight room can become real competitive, but machismo can be both dumb and dangerous. Don't be one of those individuals trying to show off by lifting more weight than you are safely capable of lifting.

Don't start piling on the weights in hopes of looking impressive, especially when you're just starting out. Progress your weightlifting program gradually. When beginning a weightlifting program, stick to resistance machines (i.e. Nautilus, Cybex, etc.) that provide a stable range of motion, which will help you perfect your lifting form.

Also, keep the amount of weight you lift to no more than 60-65 percent of your maximum strength level for larger muscle groups like your chest, back and legs, and as low as 40 percent of your maximum strength level for smaller muscle groups like your arms, shoulders and calves. Try a circuit training program (performing one exercise for each body part, 15 repetitions each), two to three times a week, for up to six weeks before beginning a more advanced weightlifting program.

Check free-weights before use

When progressing to free weights (dumbbells and barbells), always make sure all weights are secured properly on either the barbell or dumbbell before performing any lift. Use collars for both barbells and dumbbells, if needed, to keep weight properly balanced and to keep plates from sliding off.

Avoid using barbells and dumbbells with pre-secured collars if plates are loose or appear to be damaged or if collars can't be tightly secured.

Notify someone to repair or replace them as soon as possible. This can definitely be an accident waiting to happen. Nothing could ruin a day more than having a 45 lb. weight — or even 10 lb. weight —

fall on your toe or, even worse, your head. Use safety equipment

Believe it or not, too much of a good thing is not a good thing. Even though they do assist you in lifting safely and avoiding possible injury, don't depend on training belts, gloves, or straps during weight training. Weight belts should only be used when performing exercises, such as squats or deadlifts, which involve the lumbar region. But these belts should be worn only when needed and removed after use.

Continuous use of a weight belt throughout a training session can result in weak lower back muscles and possible future back problems. Also, wearing a belt tightly for too long increases blood pressure that can result in increased cardiovascular stress.

Additionally, gloves are useful in a weightlifting program when protecting the palm area from blisters or developing calluses.

However, people with smaller than normal hands may not want to use gloves because they may actually cause poor gripping on bars with larger grip circumferences. This may cause a bar to slip out of your grip when you least expect it. Lifting straps can also be very useful to assist with gripping, mainly in pulling exercises (pull-ups, rowing exercises, and deadlifts).

Again, only use straps when needed for assistance. Depending on these straps too often causes underdevelopment of forearm muscles and can over-stress wrist joints. Again, use these items for safety when needed, but don't become overly dependent on them

Arena

Golf merchandise sale

The Gateway Hills Golf Course blow-out sale will be Sept. 22, 9 a.m. to 2 p.m., at the driving range, Bldg. 2884. Prices will be reduced to cost on many items, including club sets, individual clubs, balls, bags, clothing, shoes and caps. Franks and links will go for a quarter, while sodas are just a dime.

Rifle competition

The 2001 Air Force Excellence-In-Competition rifle match will take aim Sept. 25 and 26 at Camp Bullis. It's open to all Air Force active duty, Reserve and Air Guard, with priority given to non-distinguished rifle personnel. All others may compete on a space-available basis. Civilians and other service members may participate, but must complete the Civilian Marksmanship Program affidavit, pay the \$10 CMP fee and provide their own equipment and ammunition. Air Force personnel may use their own equipment if it complies with the CMP rules, 5th edition, 2001. For more information or to schedule a time to compete, contact Maj. Art Rozier, 652-4406 or art.rozier@agency.afsv.af.mil

Farewell golf tourney

A farewell golf tournament for Maj. Gen. Michael N. Farage, 37th Training Wing commander, tees off Oct. 4 with a 12:30 p.m. shotgun start at the Gateway Hills Golf Course. Registration begins at 11:30 a.m. The \$10 registration fee is due Sept. 25. Lunch will be provided and

prizes awarded.

An awards presentation with hors d'oeuvres will follow the event at 5:30 p.m. For more information, call Capt. Greg Lobdell, 925-0919, or Tech. Sgt. David Sullivan, 925-6007.

Youth golf academy

Registration for the 2001 Youth Golf Academy will be Sept. 24 to Oct. 19, from 6:30 a.m. to 6 p.m., Monday through Friday, at the Lackland Youth Center. The six-week program, starting Nov. 6, teaches the fundamentals of various swings and golf etiquette. Classes are conducted Tuesdays and Thursdays, 5:30 – 6:30 p.m., at the Gateway Hills Golf Course. Boys and girls, 7 to 17 years old, are eligible to participate. Attendees may bring their own clubs, but should limit them to three or four, to include a putter. Class size is limited to 15 kids each. Class cost is \$40. The academy concludes with a 9-hole game. For more information, call Juan Gonzalez, 671-2510, or John Bailey, 573-7424.

Military bowling tourney

The seventh annual Military Bowling Tournament will roll Oct. 6-7 at the Randolph AFB bowling centers. The mixed, handicap event is open to anyone eligible to use Services or MWR facilities. Handicaps will be 90 percent of 220 for men and women. Entry forms are available at Services bowling facilities. Entry deadline is Oct. 1. Walk-ins are accepted on a

space-available only basis. Entry fee is \$15 per person/per event. Bowlers may enter as singles, double, teams or all three. Several thousand dollars in prize money will be awarded. Military keglers throughout Texas and adjacent states are expected to participate. All entrants will be eligible for a random drawing to win Sea World family tickets and Budweiser bowling balls.

Free Texas Open tickets

A limited number of free tickets to the Professional Golf Association Tour's Westin Texas Open are available to military members. The tournament will be Sept. 24-30, at the La Cantera Golf Club, Interstate 10 and Loop 1604. Tickets can be obtained at the Information, Tickets & Tours (ITT) offices at Arnold Hall, Wilford Hall Medical Center and Air Intelligence Agency, plus the Lackland AFB and Kelly Annex bowling centers, and from unit first sergeants. Military members are also eligible to volunteer to work the event for a benefits package worth about \$400. Organizers are looking for 1,200 volunteers. Interested volunteers should call the tourney office, 341-0823.

Bowl hog wild

Bowlers who roll at the Fort Sam Houston Bowling Center, now through Oct. 31, can enter to win a 2002 Harley Davidson motorcycle. No purchase neces-

sary. For more information on the "hog," a custom bowling ball, other prizes and how to participate, visit the center in Bldg. 2521, at the corner of Patch and Schofield Road.

Golden fun run

The 433rd Airlift Wing's 50th Anniversary Family Day 5K Fun Run/Fitness Walk will be Oct. 13, 10 a.m., at the Bennett Fitness Center, Kelly Annex. Packet pickup and early registration is Saturday, 10 a.m. to 1 p.m., at the 433rd AW, Bldg. 908, Lackland. Proof of age required

with registration form. Proceeds benefit the Care and Shelter Program and 433rd Airlift Wing Advisory Council. For more information, call Tech. Sgt. Lorie Semien, 925-3784, or visit the web page

www.alamowing.com

Combat Fun Day

Following a recount by event officials, 959th MDTs was awarded 20 points for the tug-of-war, giving them first place. The updated top three finishers: 959th MDTs 420 points; 343rd TRS 415 and 37th Trans 390.

Scoreboard

Flag Football

Division I

Team	W	L
341st TRS	1	0
MSSQ	1	0
343rd TRS	1	0
93rd IS	0	0
Navy Recruit	0	0
Navy/Marines	0	0
LAB	0	0
Logistics	0	1
651st MUNS	0	1
690th IOG	0	1

Sept. 6

Two games postponed, wet grounds

Sept. 11

Three games postponed

Division II

Team	W	L
Med Spt Gp	1	0
USMC Co H	0	0
342nd TRS	0	0
Dental	0	0
CPTS	0	0
Pharmacy	0	0
NSGA	0	0
Comm	0	0
Sec. Forces	0	1

Sept. 5

Med Spt Gp 6
Security Forces 0

Three games postponed, lightning

Softball

Over-30 League

Team	W	L
343rd TRS	2	0
MSSQ	2	0
Navy/Marines	1	0
DLI	1	1
149th ANG	1	1
IAAFA	1	1
CES	1	1
341st TRS	0	1
37th Comm	0	1
93rd IS	0	3

Sept. 5

343rd TRS 22
93rd IS 4

IAAFA 7
149th ANG 0
(forfeit)

One game postponed, lightning

Sept. 10

MSSQ 17
DLI 0

CES 16
93rd IS 6

Coed League

Team	W	L
93rd IS	1	0
NSGA	1	0
Logistics	1	1
AFIWC	1	1
Pharmacy	1	1
149th ANG	0	0
341st TRS	0	1
Supply	0	1

Sept. 4

NSGA 7
Logistics 5

Pharmacy 7
341st TRS 0
(forfeit)

Two games postponed, lightning

Sept. 11

Four games postponed